

TWILIGHT MEET

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Open Boys	Open Girls
Warm UP															
Long Jump (JP1)	Long Jump (JP1a)	Vortex (VT1)	Vortex (Ds1a)	Discus (DS2)	Scissor Jump (SJ1)	Shot Put (SP2)	Long Jump (JP2)	Turbo JAV (TJAV1)	Long Jump (JP3)	400m Back	400m Back	100m	100m	400m Back	400m Back
										High Jump (HJ1)	Discus (DS1)	Shot Put (SP1)	Triple Jump (JP4)	Long Jump (JP1)	Discus (DS1)
70m Back	70m Back	70m Back	70m Back	70m Back	70m Back	400m Back Circ	400m Back Circ	400m Back Circ	400m Back Circ						
Vortex (VT1)	Vortex (Ds1a)	Long Jump (JP1)	Long Jump (JP1a)	Scissor Jump (SJ1)	Discus (DS2)	Long Jump (JP3)	Shot Put (SP3)	Long Jump (JP2)	Turbo JAV (TJAV1)	100m	100m	400m Back	400m Back	100m	100m
										Shot Put (SP2)	High Jump (HJ1)	Triple Jump (JP4)	Shot Put (SP1)	Discus (DS1)	Long Jump (JP1)
300m Circ	300m Circ	400m Back Circ	400m Back Circ	400m Back Circ	400m Back Circ	100m	100m	100m	100m						
Wrap UP															